

What is claimed is:

1. A coated metal cookware article, comprising:
a substrate made of metal selected from the group consisting of iron, steel, aluminum, copper, brass, and alloys thereof; and
an electroless nickel coating thereon.
2. A coated metal cookware article according to claim 1, whereon said coating has a thickness not less than 0.0003 inch.
3. A coated metal cookware article according to claim 1, whereon said coating has a thickness no greater than 0.0025 inch.
4. A coated metal cookware article according to claim 1, whereon said coating has a nickel content no less than 8 percent.
5. A coated metal cookware article according to claim 1, whereon said coating has a phosphorus content no greater than 14%.

6. A coated metal cookware article according to claim 1, whereon said coating is free of cadmium and lead.
7. A coated metal cookware article according to claim 1, whereon said substrate is cast iron.
8. A coated metal cookware article according to claim 1, wherein said substrate is selected from the group consisting of a pot, pan, skillet, griddle, grill, or cooking grate.
9. A method of making an item of coated metal cookware, comprising the steps of:
 - a) providing a substrate consisting of a pot, pan, skillet, griddle, grill, or cooking grate to be coated;
 - b) cleaning or deoxidizing the surface of the substrate to be coated; and
 - c) applying an electroless nickel coating to the surface of the metal substrate.
10. A method according to claim 9, wherein the cleaning step comprises one or more of the steps of grinding, cleaning, polishing, blasting, and etching the surface of the substrate to be coated.

11. A method according to claim 9 wherein the cleaning step comprises blasting of the substrate with glass beads.